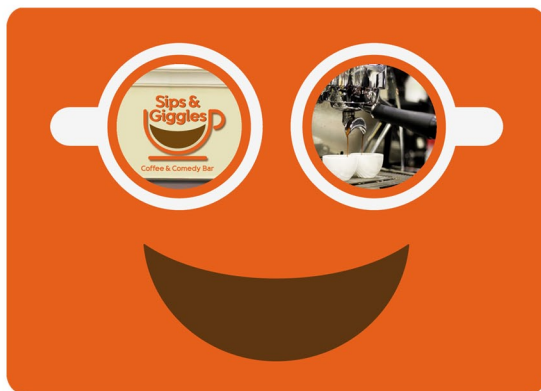


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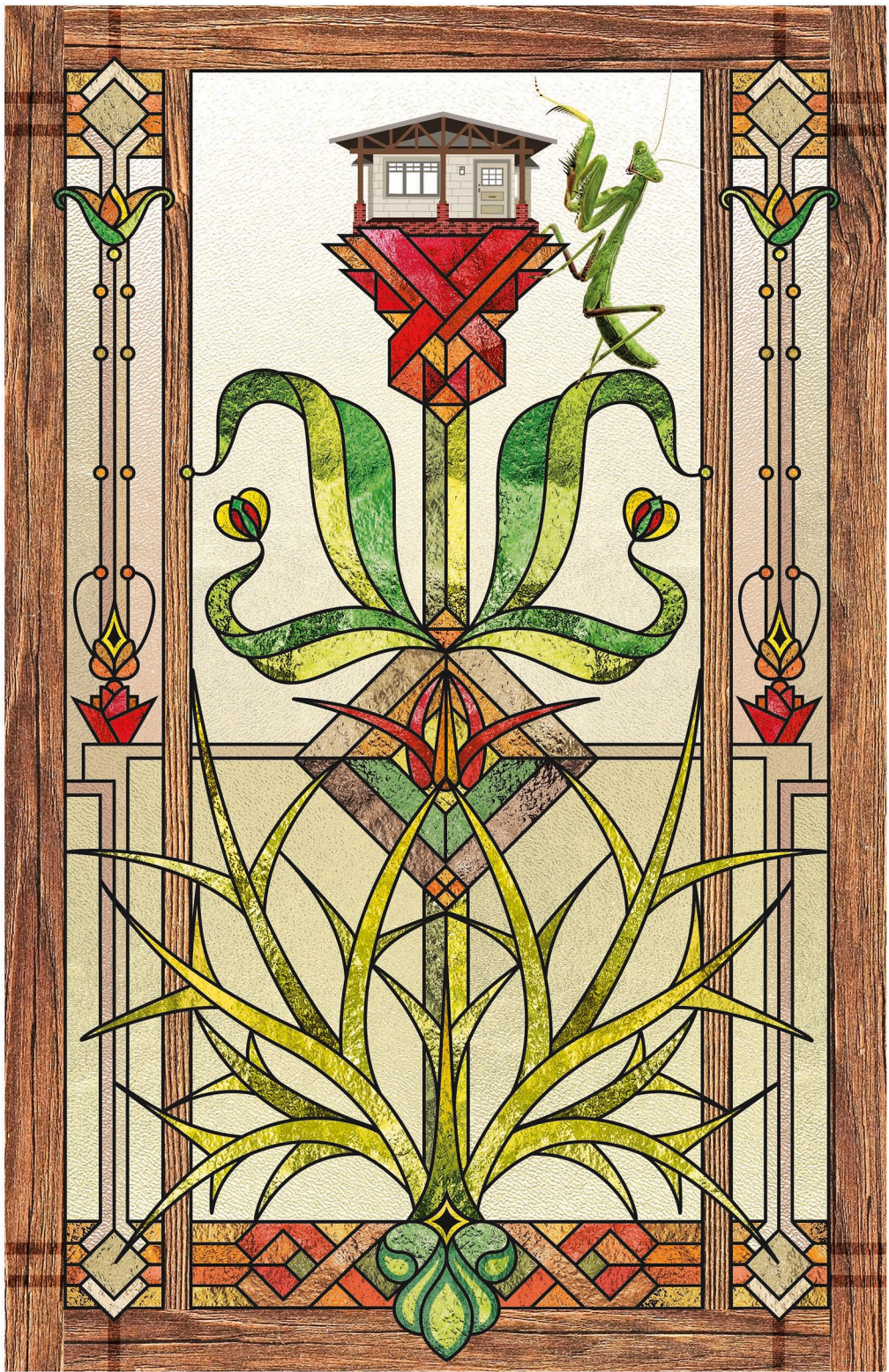




VIDÉOTHÈQUE







CALIFORNIA
**CACUS
CEN ER**





APPETIZERS	
COCONUT JERKY.....	\$6.00
Sweat & tangy strip of coconut dehydrated to perfection. (R, GF)	
RAW CASHW CHEESE PATE.....	\$7.00
Thickened cashew cheese served with flax crackers. (R, GF, SF, E2)	
RAW BRUSCHETTA (2 pieces).....	\$5.00
House-made flax crackers topped with cashew cheese, pests and organic tomatoes. (R, GF, SF, E2)	
LENTIL PATE.....	\$6.00
Made from lentils, walnuts & herbs. Served with rice crackers. (GF, SF, E2)	
SPICY BAKED ARTICHOKE DIP.....	\$7.00
Creamy baked artichokes with a touch of jalapeno, accompanied by a selection of bread. Gluten free option add \$2.00.	
SOUP OF THE DAY	
See board for daily soup choice \$4.00	
SALADS	
PAC MAN.....	Side...\$3.00 Full...\$7.00
Kale, carrots & chia seeds with a creamy garlic dressing. (R, GF, SF, E2)	
CESAR.....	
Creamy romaine with gluten-free croutons and our own tangy dressing. (GF, SF)	
SPINACH CITRUS SALAD.....	
Raw spinach, seasonal citrus & hemp seeds with a spicy tahini dressing. (R, GF, E2)	
CARBONADO "TUNA" SALAD.....	
A scoop of garbanzo salad centered on a bed of mixed greens, tomatoes, & thin red onions with vinaigrette dressing. Full size only and not a side option. (GF)	
SIDES	
Your choice	
one side.....	\$3.00
three sides.....	\$9.00
five sides.....	\$12.00
ANY OF THE SALADS (except the "Tuna" Salad)	TEXAS CAVIAR (GF, SF)
PICKLED SEASONAL VEGETABLES (R, GF, SF, E2)	GARLICY GREENS (GF, SF, E2)
FLAX CRACKERS (R, GF, SF, E2)	ROASTED ROOT VEGETABLES (SF)
SLAW (R, GF, SF, E2)	QUINOA SALAD (SF, E2)
JALAPENO CORNBREAD	
R 90% Raw GF Gluten Free SF Soy Free E2 Engine 2 Friendly	

SANDWICHES	
All items include a choice of one side	
PHIL SEITAN.....	\$8.00
Homemade seitan, cashew cheese topped with sauerkraut & onions.	
JACKFRUIT BBQ.....	\$8.00
Shredded jackfruit simmered in organic Apple Pie sauce topped with onions & pickles. Gluten free option.	
TEMPER REUBEN.....	\$8.00
Marinated tempeh, sauerkraut, cashew cheese & 1000 dressing. Gluten free option.	
SAUSAGE & SAUERKRAUT.....	\$8.00
Homemade spicy sausage, sauerkraut & mustard.	
MELTDOWN.....	\$8.00
Caramelized onions, sliced tomatoes & cashew cheese. Grilled on sliced whole-wheat bread. Gluten free option.	
APPLE & CHEESE.....	\$7.00
Cashew cheese, tart apple & lettuce. Gluten free option. (SF)	
PLATES	
All items include a choice of two sides	
QUICHE OF THE DAY.....	\$11.00
See board for daily quiche choice.	
MAC & CHEESE.....	\$12.00
For elbows & steamed broccoli baked in a creamy cashew sauce. (GF, SF)	
LENTIL LOAF.....	\$12.00
Herbed lentils & vegetables topped with tangy tomato sauce. (GF, E2)	
SAVORY SEITAN.....	\$12.00
Homemade seitan marinated in our special sauce & smothered in gravy.	
RAW PAD THAI.....	\$13.00
Kale noodles, coconut, seasonal veggies & almonds tossed in a tangy garlic ginger sauce topped with sunflower seeds. (R, GF, SF, E2)	
PETO RAVIOLI.....	\$13.00
Raw ravioli topped with fresh pesto sauce and melted with cashew cheese. (R, GF, SF, E2)	
BEVERAGES	
ORGANIC HOT TEA OR COFFEE (bottomless).....	\$2.50
ORGANIC ICED TEA OR COFFEE (bottomless).....	\$2.50
FRESH SQUEEZED JUICE.....	\$4.50
FRESH COCONUT WATER (7 oz glass).....	\$3.00
KOMBUCHA.....	\$4.00
OAT, UNSWEETENED ALMOND OR UNSWEETENED SOY MILK.....	\$2.50
ZEYIA NATURAL SODA.....	Ginger Ale or Root Beer \$2.50
MOUNTAIN VALLEY SPRING WATER.....	Flair \$2.00 • Bubbles \$2.50
Organic and local whenever possible	

Native American Studies, Self-Help, Spirituality

Melinda Joy Miller founder of the Shambhalla Institute in 1991, author of *Shamanic Gardening: Timeless Techniques for the Modern Sustainable Gardener*, integrates her extensive background in metaphysical healing, sensorimotor integrative therapy, earth medicine, sustainable gardening and permaculture. Nationally known as a feng shui and Reiki master, for over 30 years, she has immersed herself in shamanic practices and spiritual healing arts.

The Medicine Wheel of Peace reflects Melinda Joy's studies with Grandmother Twylah Hurd Nitsch (1981-1992). Along with her personal experiences teaching others the Medicine Wheel of Peace, she spent many years studying shamanic and personal clearing with Moornah Simeona, a Hawaiian Kahuna, and eighteen years providing seasonal celebrations and healing ceremonies. She founded the Shambhalla Institute in 1991, and since has been providing shamanic consultation services, classes, lectures and retreats for Shamanic Healing, Shamanic Astrology and Shamanic Gardening. Receiving from Grandmother Twylah her two spiritual names, *Joy* and *She Works for Truth* (*Yen Joh Das*), she was invited to be a Keeper of the Medicine Wheel of Peace Cycles of Truth tradition.

KEEPER OF THE STONE

*Life abundant quickens us now,
Love unconditional, tells us how.
Within, life is a sense of feeling;
Walking in Truth reveals sacred healing.
Truth centers are grounded where people live;
Creatures are teachers who screen, sift and serve.
The people are born from Earth's elements;
Great Mystery formed all the components.
Discipline is the heart of self-survival;
Cleansing the Earth is her sacred survival.
The Great Mystery is our Inner Voice.*



On July 1, 1992, Grandmother Twylah wrote Melinda Joy:
*Dear Keeper of the Stone;
Thanks for being responsible
for carrying on this heritage.
"We were once all stones
until we shattered our Peace."
Now we are reaching out to
make ourselves whole again.*

Da Naho, Grandmother Twylah
Hurd Nitsch (Yehwehnode)

Quantum Visions

For more information on
Melinda Joy Miller,
books & teaching
please visit:

www.shambhallainstitute.com,
ShamanicGardening Blog,
www.amazon.com/-/e/B001KC8DVU

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\$13.95



THE MEDICINE WHEEL OF PEACE

MELINDA JOY MILLER

THE MEDICINE WHEEL OF PEACE

DISCOVERY OF PURPOSE FOR PEACE IN RELATIONSHIPS

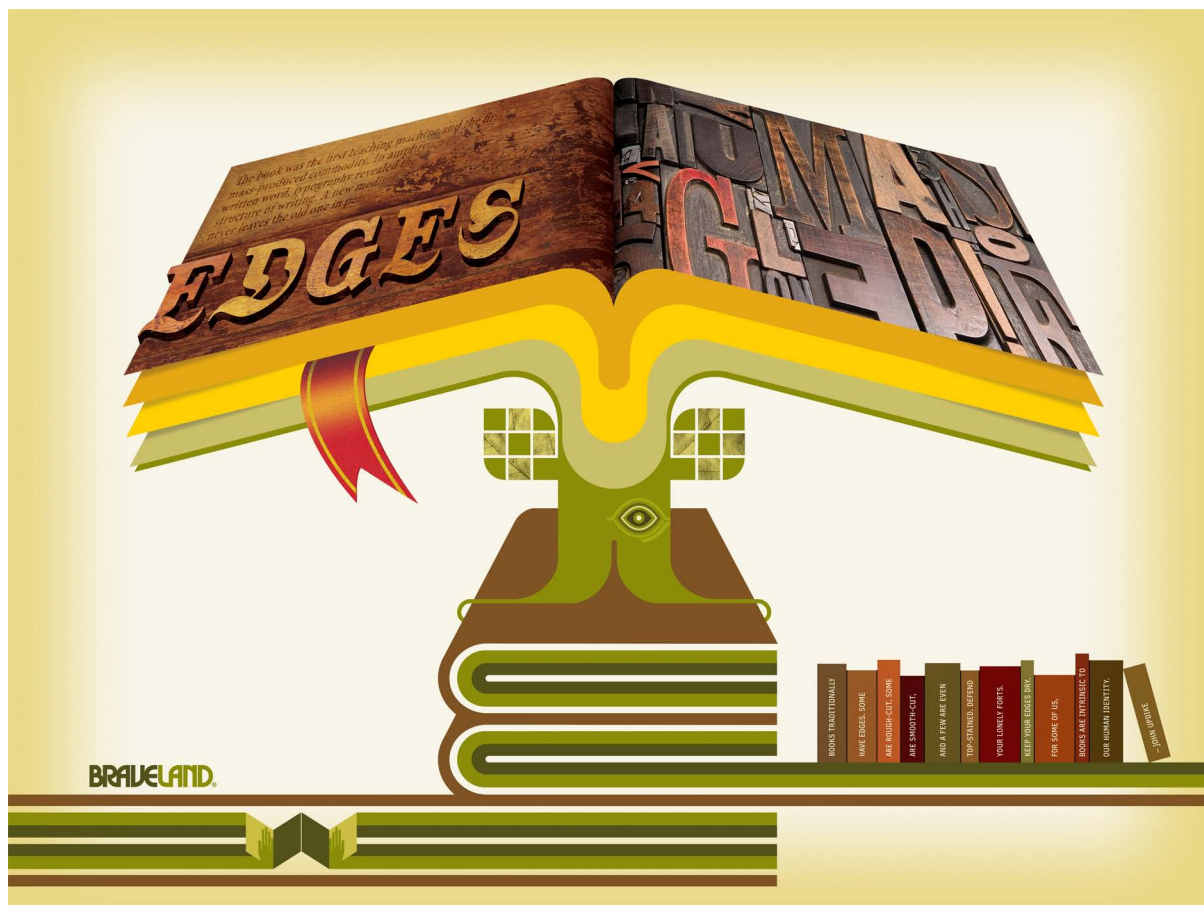
MELINDA JOY MILLER
YEN JOH DAS, SHE WORKS FOR TRUTH

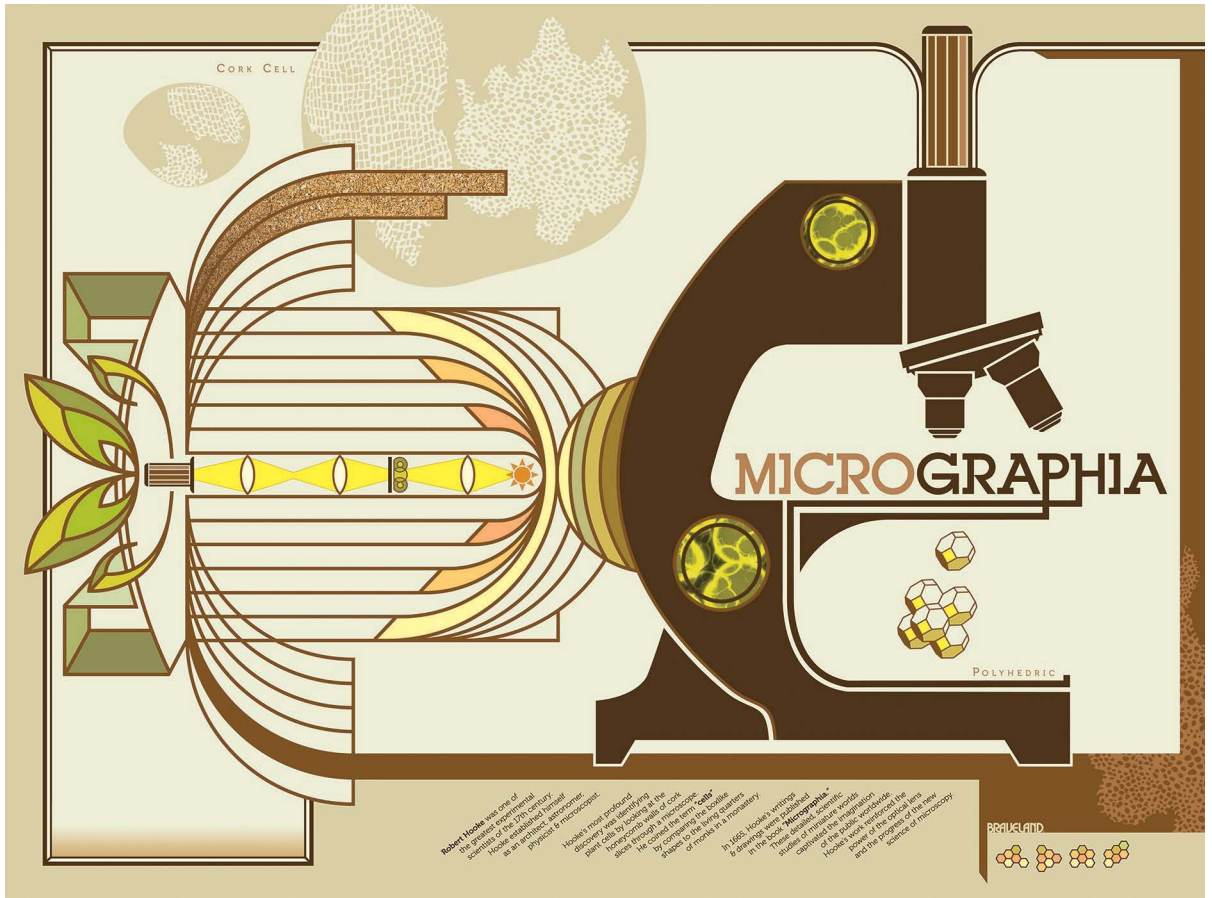
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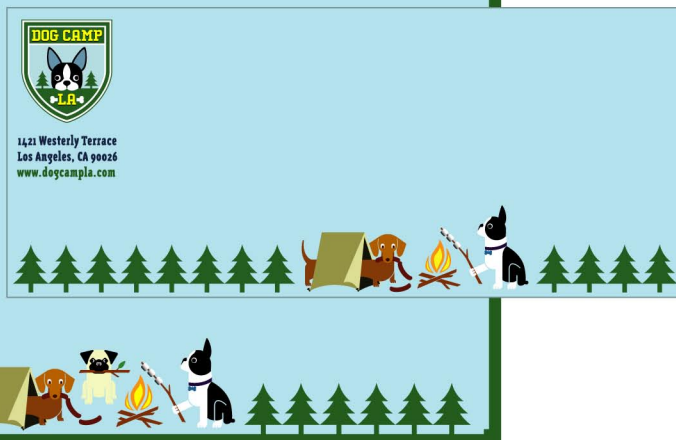
MEN'S VEGAN WEAR FOR THE FUTURE



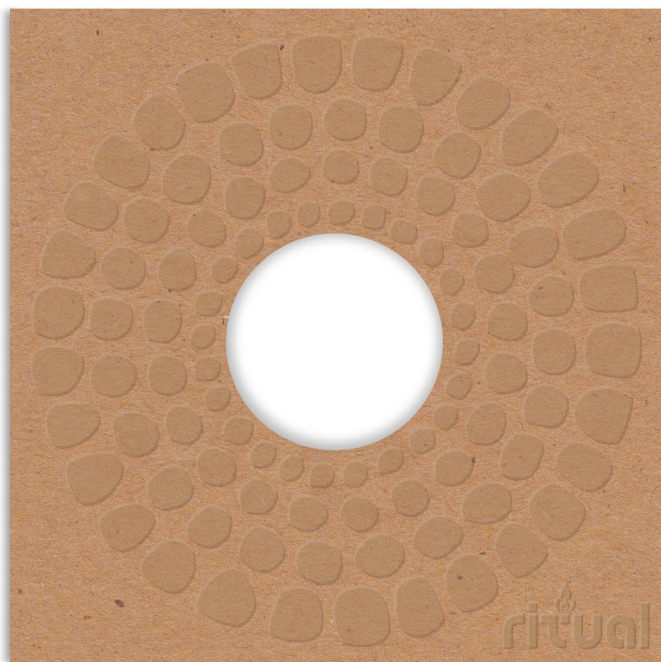
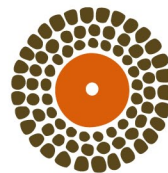




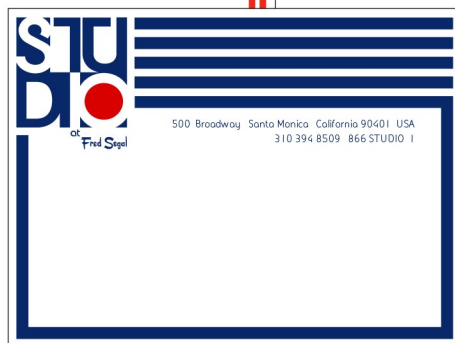
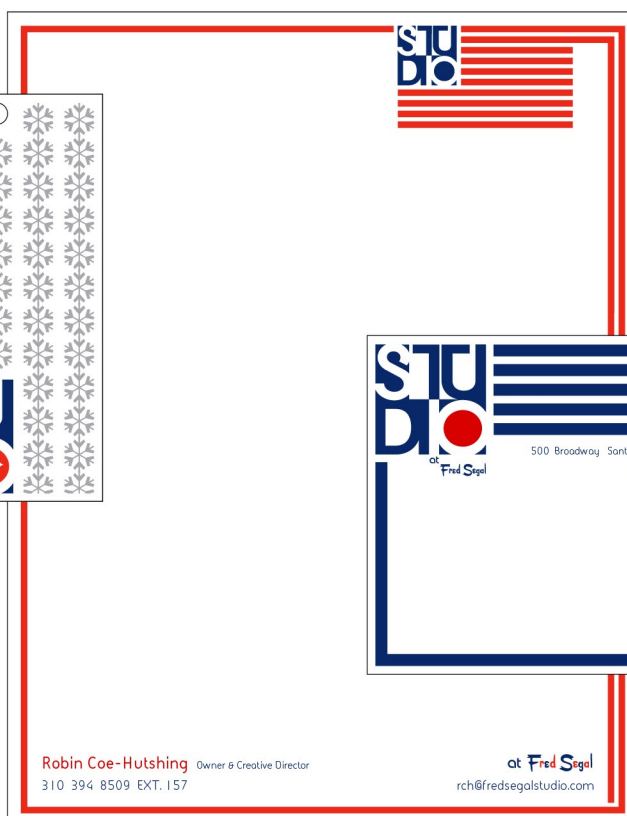
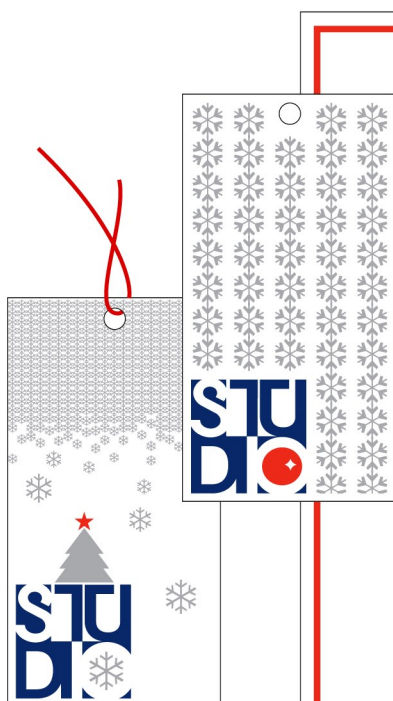
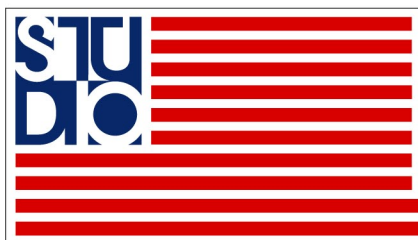




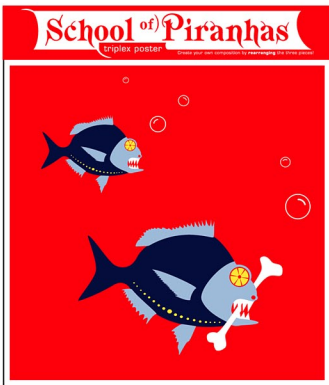
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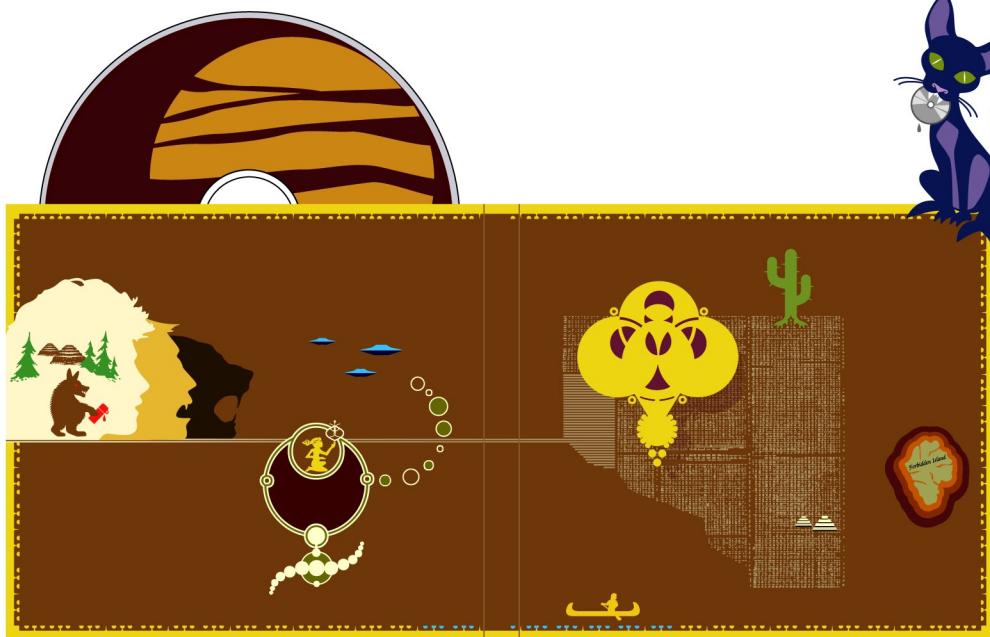
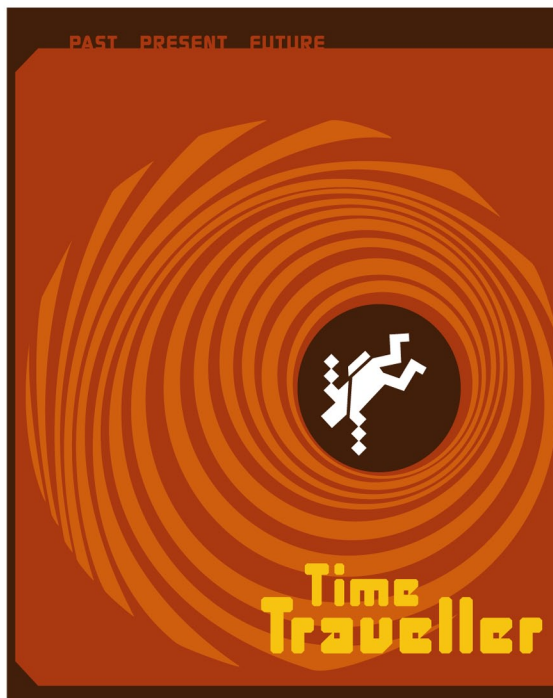


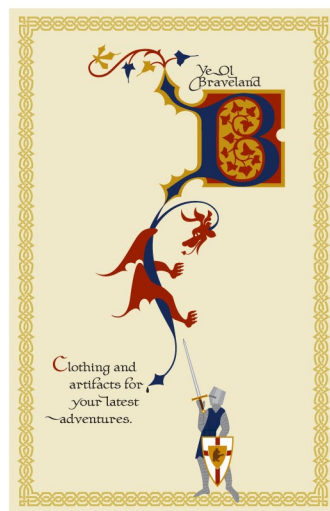
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The Magazine: Selections from issues 1-4 and more mistakes, mishaps, and previously unseen material

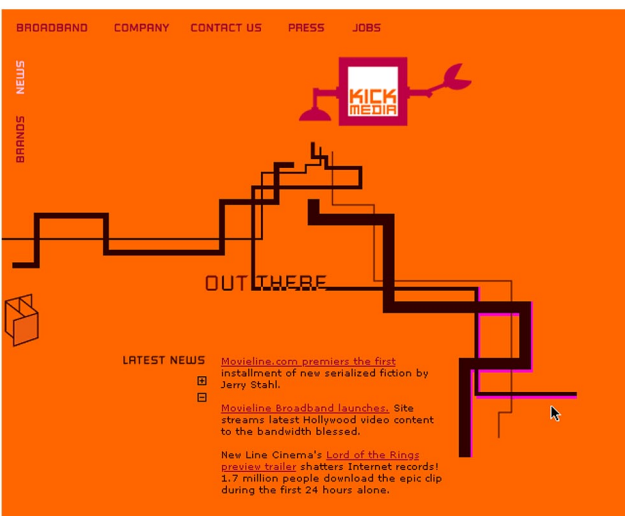
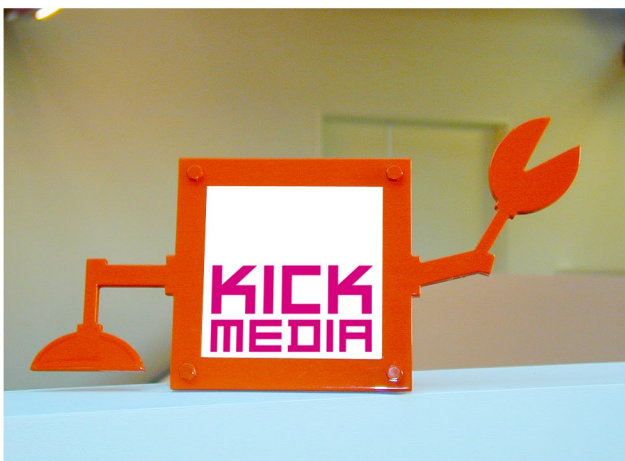
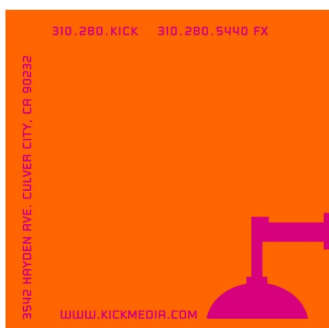


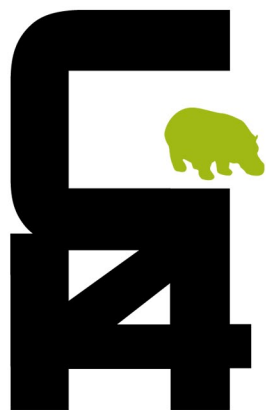
✓ Les Perry
✓ Mollie
✓ Dimensional Darts
✓ The Mock vs. The Mega
✓ Booby-Boss



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